

Make it the
most wonderful
time of the
year.



'Tis the season for celebrations, get-togethers with family and friends, holiday music and festive light displays. But for many, the holidays also bring unwanted stress and depression as expectations, calendar commitments and to-do lists grow longer while the hours in the day begin to feel shorter.

Stress management

Learn these relief strategies so you can enjoy a healthy a healthy and happy holiday season:



Set realistic expectations

If you strive for the “perfect” holiday, you’ll create anxiety and unrealistic expectations. You may have time to bake cookies from scratch and create homemade gift bows, or you may need to settle for store-bought baked goods and easy gift bags.



Learn to say “no”

Instead of jam-packing your schedule, prioritize your commitments and join in the activities and events that are truly important to you. Learn to say “no” guilt-free. After all, your friends, family and colleagues should understand if you can’t participate in everything.



Don’t neglect your health

It’s important to get a regular well-woman exam. Screenings vary based on age and risk factors, but your exam may include a pap smear, mammogram, bone density test, and more. You may even be able to get screened for heart disease and mental health at the same time.

Need a doctor?
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